

**Utah Department of Health
Bureau of Health Promotion
Healthy Foods Policy**

The Utah Department of Health (UDOH) is dedicated to providing a work environment that supports employee and workplace health. Most scientists agree that certain dietary factors are associated with the prevention of chronic diseases such as heart disease and cancer.

Accordingly, the UDOH is committed to providing employees, our partners, and our customers with healthy food choices that support their efforts to feel well, be healthy, and prevent disease.

Therefore, when department funds are used to purchase food, the UDOH will require that:

1. All food and beverages offered at Department meetings or functions where refreshments are provided will meet the *Healthy Worksite Nutrition Guidelines*.
2. All entrees, side dishes and desserts offered at Department functions where a selective menu or buffet is served will meet the *Healthy Worksite Nutrition Guidelines*.
3. All selections offered at Department functions where a set menu is provided will meet the *Healthy Worksite Nutrition Guidelines*.
4. A completed copy of the “Healthy Food Policy Checklist” must be attached to all food purchase requests.

The accompanying document *Healthy Worksite Nutrition Guidelines* defines what the UDOH considers to be healthy food options. It also offers food suggestions and tips on planning healthy eating for work events.

**Utah Department of Health
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Healthy Worksite Nutrition Guidelines**

General Definition of Healthy Food Options (Per Serving)

A minimum of two of the five following criteria must be met for a food item to be considered a healthy option:

1. Has 30% or less of its total calories from fat.
2. Has 10% or less of its total calories from saturated and trans fats combined.
3. Has 35% or less of its weight from sugars, excluding sugars occurring naturally in fruits, vegetables, and dairy ingredients.
4. Has no more than 700 mg of sodium.
5. Has at least 3-5 grams of fiber.

General Tips for Planning Healthy Work Events

1. Offer healthy food choices at Department functions as per the Utah Department of Health's Healthy Food Policy, which includes meetings, conferences, and receptions.
2. Consider not offering food at mid-morning or mid-afternoon meetings, presentations, and seminars, or at breaks during day-long conferences and events.
3. If you choose to serve food at mid-morning and mid-afternoon breaks, offer fruit and/or vegetable trays instead of cookies, pastries, doughnuts, and other foods with minimal nutritional value.
4. Speak to the caterer/vendor about making healthier substitutions on "set" menus. Most caterers are willing to accommodate requests, as long as they can keep them in a similar price range.

Healthy Suggestions for Meals, Snacks, and Beverages

Beverages

- Water
- 100% fruit and vegetable juices
- Fat-free and light (1%) milk
- Coffee and tea
- Fat-free milk in addition to half and half or creamer for coffee and tea
- Fat free or low-fat fruit smoothies or frozen yogurt-based milkshakes

Breakfast and Brunch

- Fruit
- Whole wheat breads and cereals
- Toast, bagels, fruit breads, and muffins instead of doughnuts, biscuits, and pastries
- Fruit spreads in addition to butter for toast and bagels
- Fat-free and light (1% milkfat) yogurt
- High-fiber cereals like bran flakes and low-fat granola
- Fruit toppings (raisins, dried fruit mix, fresh strawberries, bananas, blueberries, peaches) for hot and cold cereals
- Pancakes, waffles, and crepes with fruit toppings
- Vegetables like mushrooms, red peppers, onions, tomatoes, green peppers, and spinach for omelet fillings or added to scrambled eggs

- Plain eggs or omelets made with egg substitute or without yolks
- Canadian bacon instead of high-fat meats like sausage or bacon
- Baked hash browns instead of fried hash browns

Lunch and Dinner

- Whole grain breads in addition to white
- Salad dressings on the side, including a light version
- Broth or vegetable-based soups instead of cream soups
- Fruit as a side item
- Vegetables as a side item, seasoned with fresh herbs instead of butter or cream sauces
- Brown rice instead of white rice
- Pastas with tomato or other vegetable-based sauces, instead of cream sauces
- Chicken, turkey, and fish instead of beef, pork, and lamb
 - Limit red meat (beef, pork, and lamb) to 3-4-ounce servings
 - Offer a vegetarian alternative to all meals
- Steamed, poached, baked, and broiled meats instead of fried
 - Avoid fried foods like French fries, onion rings, and fried chicken
- Reduced-fat cheese in menu items requiring cheese, like lasagna
- Fruit desserts in addition to other desserts
- Salads made with pasta, vegetables, chicken, or tuna
- Vegetable and/or chicken pizza on English muffins
- Baked potato with toppings such as assorted vegetables, beans, and low-fat cheeses, sour cream or plain yogurt
- Bean burritos
- Grilled vegetable quesadillas
- Veggie burgers
- Tortilla wraps with vegetables, tuna, and/or chicken

Snacks

- Fruit and vegetable dips
- Tortilla chips with bean dip and salsa
- Pretzels, hot pretzels with mustard, or plain popcorn
- Cookies or other sweets with fresh fruit kabobs

Recommendations for Cafeteria, Vending, and Break Room Food Standards in Utah Government Workplaces

| FOOD ITEM | RECOMMENDATION | RATIONALE | EXAMPLES OF WHAT WOULD BE IN AND OUT |
|------------------------------------|---|--|--|
| BEVERAGES | Beverages that contain 100% fruit juice with no added sweeteners | Fruits and vegetables contain necessary nutrients | <u>In:</u> Vegetable and fruit juices |
| | Water | Water is an essential nutrient and a healthy beverage choice | <u>In:</u> Bottled Water |
| | Low-fat/nonfat milk | Availability promotes calcium consumption without contributing unnecessary calories from fat | <u>In:</u> Low-fat and nonfat milk and chocolate milk. |
| SNACKS, SWEETS, SIDE DISHES | <u>Portion Size:</u> See attached chart below | Larger serving sizes can lead to over-consumption | <u>Out:</u> All large-sized portions |
| | <u>Fat:</u> No more than 30% of total calories from fat | High-fat foods add unnecessary calories to the diet | <u>In:</u> Baked potato chips, pretzels, some popcorn, some granola bars, some baked French |
| | <u>Saturated Fat:</u> No more than 10% of calories from saturated fat plus trans fat | Foods that are high in saturated fat increase the risk of coronary artery disease by raising blood cholesterol | fries, chocolate-covered peppermint candy, candy bars labeled "lite" or "lowfat," fruit chews or hard candy <u>Out:</u> Regular potato chips, fried French fries, some granola bars |

| | | | |
|-------------------------------------|---|---|--|
| | <u>Sugar:</u> No more than 35% by weight (excluding sugars occurring naturally in fruits, vegetables, and dairy ingredients) | Eliminate foods that (1) are high in calories and low in nutrients, and (2) promote dental caries | <u>In:</u> Some granola bars, trail mix, animal crackers, Devil's food cookies, gelatin desserts, fat-free fudge bar, frozen fruit bar <u>Out:</u> Some granola bars, some cookies, all candy |
| ENTREE ITEMS and SIDE DISHES | <u>Portion Size:</u> See Chart below | Extra-large-sized portions add unnecessary calories, including calories from fat, especially saturated fat | <u>In:</u> Reasonable portions of pizza, hamburgers, burritos, luncheon meats, chicken nuggets <u>Out:</u> All oversized portions |
| VEGETABLES and FRUITS | Require the availability of quality vegetables and fruits at all meal purchase points, and at all conferences or meetings | Vegetables and fruits provide needed nutrients without adding low-nutrient dense calories; Employees must have healthy food options | <u>In:</u> All vegetables and fruits: fresh, cooked, dried, and canned without additional sweeteners |

Recommended Portion Sizes for Snacks, Sweets, and Side Dishes

| | |
|--|------------------------------------|
| Snacks and Sweets | 1.25 ounces or ¼ cup |
| chips, crackers, popcorn, cereal | |
| trail mix, nuts, seeds, dried fruit | |
| jerky | |
| Cookies/Cereal Bars | 1-2 ounces, 1 cookie, 1 cereal bar |
| Bakery items (e.g. pastries, muffins) | 3 ounces or 1/3 cup |
| Frozen desserts, ice cream | 3 ounces or ½ cup |
| Yogurt | 8 ounces or 1 cup |
| Beverages (no limit on water) | 12 fluid ounces or 1 cup |

Recommended Portion Sizes for Entrée Items and Side Dishes

| | |
|---|---|
| Bread, cereal, rice, pasta, and other whole grains | 1 ounce or 1 slice bread, 1/3 cup rice, ½ cup cereal, pasta or other whole grains |
| Poultry, fish, red meat | 3 oz. or the size of a deck of playing cards |
| Oils, butter, mayonnaise, or other fats | 1 teaspoon |

Adapted from California Center for Public Health Advocacy 2002 National Consensus Panel on School Nutrition: *Recommendations for Competitive Food Standards in California Schools*

**Utah Department of Health
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Healthy Food Policy
Evaluation Questions**

Rate each question on the following scale:

| | | | |
|-------------------|----------|-------|----------------|
| Strongly Disagree | Disagree | Agree | Strongly Agree |
| 1 | 2 | 3 | 4 |

For Event Planners:

| | | | | |
|--|---|---|---|---|
| The caterer was willing to work with the Healthy Food Policy. | 1 | 2 | 3 | 4 |
| The Healthy Food Policy was easy to understand. | 1 | 2 | 3 | 4 |
| The Healthy Food Policy was easy to implement. | 1 | 2 | 3 | 4 |
| The healthy food options were comparable in cost to traditional/unhealthy options. | 1 | 2 | 3 | 4 |

For Event Attendees:

| | | | | |
|--|---|---|---|---|
| The food tasted good. | 1 | 2 | 3 | 4 |
| There was an adequate variety of food offered. | 1 | 2 | 3 | 4 |
| The food satisfied my hunger. | 1 | 2 | 3 | 4 |